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Walk the pier for keyhole surgery appeal

EVERYONE is invited to walk the boards of Southend Pier for a charity event.

The 13th Great Pier Walk is raising money for Southend Hospital's Keyhole Cancer Appeal, which aims to raise £600,000 for a specialist surgical theatre.

When it is completed the suite will enable surgeons to perform the latest and most complex procedures.

Hundreds of patients are likely to benefit each year, including patients suffering with bowel and prostate cancers or gynaecological condi-

The walk is arranged by the Rotary Club of Leigh.

Leigh Rotarian John Banks, lead organiser of the event, years, we have had hundreds of walkers join us in all sorts of weather conditions to walk the planks of the world's longest pleasure pier and we hope to have record numbers this year.

"We are definitely due a little sunshine so we are keeping our fingers crossed for nice weather, even if the weather is out of our control we can certainly guarantee a warm welcome and a wonderful atmosphere.

"So we do hope lots of people and their families come along and join us.

The Great Pier Walk is on Sunday, March 29.

To take part, register in advance by calling 01702 385337 or email fundraising@southend.nhs.uk.



WALK THIS WAY: Leigh Rotary Club members who are organising this year's

Two new units added to Southend Hospital's A&E department

EΛ

By Paul Giles

southend@yellowad.co.uk

TWO new units have been added to Southend Hospital's emergency department.

A self-contained area for children attending A&E is now open as well as a clinical decision unit (CDU) to review adult emergency patients.

The paediatric emergency department (PED) has four dedicated bays with a separate triage room. providing a specialist area for children to be cared for.

Senior Sister Lucy Russell, who will be running the department, said the PED means children can be cared for by the appropriate people at all times.

She said: "It maintains safety as well and children are seen very quickly in an appropriate environ-



WIN-WIN: Senior Sister Lucy Russell in the new Paediatric **Emergency Department**

will deal with everything

from minor injuries such as a cut to the head to acutely unwell conditions such as breathing problems.

"The PED also means we can build a better relationship with Neptune Ward because we will be transferring directly from here.

"It's really exciting and I'm hop-ing it's a win-win all round."

The emergency department's new CDU can be used to review emergency patients in a less clinical area with more attention to their comfort.

It is used particularly for patients who are most likely to go home but may need an extended length of stay for more than four hours to complete their treatment or investigations.

This enables the patient to be discharged safely without the need for formal admission to a ward while ensuring the treatment and aftercare have been sorted thoroughly.



Shanties bring sounds of the past to fundraiser

A CHARITY event will be held at The Peter Boat, in Old Leigh, to raise money for the Fishermen's Mission.

Sea shanties will be sung by The Hastings RX Shanty Men who sing all around the country.

They will hand out song sheets so people can sing along.

Local choir, the Fishwives Choir,

will also be performing.

Jane Dolby, of the Fishwives Choir, said she met the Shanty Men when the choir were recording in Hastings.

She said: "We were knocked out by how they united the whole community when they sang.
"Everyone from the business peo-

ple to the fishermen seemed to know the words and it was incredible seeing everyone joining in.

"The fishwives want to bring a lit-tle bit of that to Leigh on Sea.

"Music existed a long time before the music industry.

"Long before there were record labels music like shanties were around telling stories, continuing a shared cultural heritage and binding communities together through song and no one has to look a certain way or sound a certain way to able to

or sound a certain way to able to enjoy community singing."

The event will take place on Saturday, March 28, from 7.30pm.

Entry is free but there will be a

bucket collection.

'Wreck makes award shortlist

southend@yellowad.co.uk

SOUTHEND Museums has been shortlisted for a major national award for its archaeology scheme, The London Shipwreck Project.

It was part of efforts to uncover the secrets of the historical wreck and enlisted local people to help with finds, including

the sorting and conservation of artefacts.

The ship sank on March 7 1665 when it mysteriously blew up at the Nore channel near Southend.

Now the project has been shortlisted for the Museums and Heritage Awards for Excellence in the category of "project with a limited budget".

It will be going up against the V&AMuseum, Woodhorn Museum and the Black Country Museum.

The London was discovered in 2005 dur-

ing works for the London Gateway.

It was initially investigated by Wessex
Archaeology, and local licensed divers.

Southend Museum services won a grant

from the Esmee Fairbairn Collection Fund

to curate, conserve and display finds.

Councillor for enterprise, tourism and economic development, Graham Longley said to be shortlisted was an excellent achievement for the project.

He said: "It created great interest at the

end of the pier last summer.

"People can continue to feel involved by seeing pictures of the artefacts on show shortly in the Beecroft Gallery. "These highlight key moments during the

project and show how Southend people worked together to preserve their fascinating heritage.
"This exhibition is very fitting to mark

the 350th anniversary of the sinking of this vessel at the Nore near Southend, which was the traditional fleet assembly point in the Thames Estuary.'



FACT BOX

- The London was built in Chatham for the Cromwellian Navy in 1656.
- It was just three completed second rate ships of the ten ordered for the Anglo-Dutch war.
- The vessel was part of an English squadron sent to the Netherlands in 1660 to restore King Charles II to the English
- London's career was cut short on March, 7, 1665, when she blew up.

What do you think? Write to Yellow Advertiser, Acorn House, Great Oaks, Basildon, Essex, SS14 1AH, or e-mail letters@yellowad.co.uk

Shop worker thwarts raid A brave member of staff prevented a

robbery at the Carphone Warehouse, in Princes Avenue, Southend, despite being threatened with a chair.

Three masked men went into the store at 9.50am on February 23 and threatened the member of staff but he refused to hand anything over

and the men left. The suspects were all white, aged around 20 with dark hair. Two had black scarves over their faces and were 5ft 8ins and 6ft. The third had a blue scarf across

his face and was around 5ft 8ins.

Anyone who has any information which could help is asked to call Southend CID on 101.

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Complaints should be made in writing, either by email to the Editor: Mick Ferris, mickfer-ris@yellowad.co.uk or by post to Mick Ferris, editor Yellow Advertiser, Acorn House, Great Oaks, Basildon, Essex, SS14 1AH. We take all complaints about editorial content seriously and are committed to abiding by the Independent Press Standards Organisation ("IPSO") rules and regulations and the Editors' Code of Practice that IPSO enforces (the "Editors' Code").

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Craft show has got everything sewn up

inspiration and advice will be on offer at London's ExCeL this month and we have 25 pairs of tickets to

The Stitching, Sewing & Hobbycrafts with Fashion & Embroidery Show will be joined by more than 100 exhibitors from March 27-

Displays include stunning period drama wedding dress costumes by Parisian design-ers Ollivier Henry and Jeaners Ollivier richt,
Noel Lavesvre, and a
National Needlework archive presentation of out-standing embroidered panels by Heather Hems.

Heather's work, which took 17 years to complete and depicts people and events of the modern world, is a mustsee for all embroidery and modern art lovers.

catwalk Daily shows include the latest from young designers in the fashion and textile world, while sewing author and expert Laura Strutt will be running free mini-workshops.

With everything from stitching, sewing, knitting, jewellery making and papercraft to card making and quilting, this is the perfect place to find the very latest





products, ideas and innovations from the world of creative craft.

All show visitors will also Bale to enjoy a free programme of Quick & Easy Workshops and talks each day, so make sure you put the dates in your diary - you won't be disappointed.

For more details and to enjoy 50 per cent off ticket visit www.



ichfevents.co.uk or call 01425 277988 quoting offer code LS15.

You can also find out more by following Twitter @the-craftshows or Facebook – Stitching, Sewing & Hobbycrafts Shows. To win a pair of tickets to

the show just answer the following question.

Q: How many exhibitors

will be at this year's The Stitching, Sewing

& Embroidery show?

COMPETITION

A: More than 60

B: More than 80 C: More than 100

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YACRAFT (space) followed by A, B or C, and your name, full address and email to 63333. Calls cost 51p from a BT landline.

Calls from other networks may vary and from mobiles will cost considerably more. Texts cost 50p plus your

standard network rates.

If you do not wish to receive details on any other products or services, text EXIT at the end of your mes-

Lines close on Monday, March 23. Entries received after the closing date will not after the closing date will not be counted but may still be charged. Service Provider: JMedia UK Limited, SW4 7BX. Tel: 020 7720 7130.

T&Cs: Travel and expenses' costs to and from the venue not included in the prize. *Cannot be used in conjunction with any other offer. Ticket has no monetary value. Discount only applicable on full price adult and senior tick-

able on full price adult and senior tick-ets bought by 5pm on Monday, March 23, for Cake International, ExCeL, London, March 27-29, 2015.

Southend: Every Sun (10am-8pm) and Mon-Sat (8amapm) and won-sat (8am-11pm), Chemist@Southend, 75 Queens Way; every Sun (10am-4pm), Tesco In-store Pharmacy, Prince Avenue, Westcliff; (10am-4pm), Sciechurg 4E Lendon Rdu Sainsburys, 45 London Rd; (10am-4pm), Asda Stores, North Shoebury Rd,

Shoeburyness. Leigh: Sun-Fri (8am-11pm) and Sat (8am-6pm), Derix Healthcare Pharmacy, (opposite side of Leigh Primary Care Centre), 1065 London Rd.

Tides



High tide at Southend Pier: Thur: 1138 5.91 2355 5.82 Fri: 1226 6.12 Sat: 0040 6.01 1311 6.24 Sun: 0124 6.13 1355 6.25 Mon: 0207 6.16 1438 6.15 Tue: 0250 6.07 1520 5.93 Wed: 0333 5.87 1601 5.63

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NEWS



STAGE: Children from Earls Hall Junior School

Children perform in poignant First **World War dra**

CHILDREN from Earls Hall Junior School in Westcliff-on-Sea took to the stage to perform a First World War play.

Inspired by a visit to PinpointCreate's production, Southend Remember Us, the year five students performed Archie Dobson's War.

They performed the show to year six students at the Beecroft Gallery in the lecture hall last Thursday.

Actress Holly Piper, who appeared in Southend Remember Us, worked with Earls Hall youngsters for their performance which

involved music and song.

They will perform the show to the rest of the school and parents in two weeks' time.

Charmaine Sterling, year group leader at the school, thanked PinpointCreate.

She said: "We are extremely proud of the children who offered a wonderful experience."

Mary-Ann Connolly, creative director of PinpointCreate, said it was great to see the children perform.

She added: "It has been a poignant way to learn about the First World War for all of us."

What do you think? Write to Readers' Letters,Yellow Advertiser,Acorn House, Great Oaks, Basildon, Essex, SS14 1AH, or e-mail letters@yellowad.co.uk



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Do you know man on train?



BRITISH Transport Police have released this CCCTV image of a man they want to speak to regarding an assault on a member of rail staff making

his way home.

The 57-year-old man suffered a cut

lip.
Pc Melvyn Owen said that the victim finished work at Chalkwell station at 1.45pm on January 14 and boarded a

London-bound train home.

He said: "As the train arrived at Leigh, the victim stood up to leave but was then physically assaulted by the

"The suspect fled the train at Leigh and was last seen running from the station."

Pc Owen added: "I am keen to hear from anyone who recognises the man pictured.
"We urgently need to speak to him as

we believe he might have important information about what happened.'

Julian Drury, c2c managing director, said employees of the company should be able to work and travel without fear of assault or abuse from strangers

Anyone with information should contact police on 0800 40 50 40 or text 61016 quoting E/B8 of 11/03/2015.



ROUGH SLEEPING: Tom Moulton, Mike Bromfield, David Cheung, Katie Dyson, Emma Haskew and Katherine Jones are looking for people to join them the Sleep Easy event in the Southend YMCA hostel car park
Photo by Mark Cleveland

Join in with sleep-out to help homeless youths

SOUTHEND YMCA will be holding its third annual youth homeless fundraiser Sleep Easy in May.

People are invited to take on the challenge of sleeping out overnight, housed with only a cardboard box under the stars.

The aim is to raise funds for disadvantaged young people at risk of becoming homeless.

The charity, based on Ambleside Drive, houses vulnerable young people who would be homeless othwerwise.

Young people can become homeless for all sorts of reasons, including escaping domestic violence or abuse,

poverty, breakdown of family or unemployment.

Since the event began in 2013 more than £25,000 has been raised to fund the refurbishment of two empty properties.

They provide eight bedrooms of "move on accommodation", allowing a next step to independence for young people in supported accommodation. This also relieves space for young people in more urgent need of accom-

Organiser Tom Moulton said: "Year after year we are blown away by the support we have received.
"Sleep Easy is unique in that every-

one who takes part can truly see what their hard work and sponsorship went towards. Bricks mortar, something physical that leaves a lasting legacy in

Southend for years to come.
"Waiting lists for youth housing are at an all time high and the need for increased provision is at its peak. We ask our neighbours to sacrifice one night to help those less fortunate than themselves.

The fee is £10 and ensures 100 per cent of donations go towards youth housing development. Visit www.southendymca.org.uk/sleepeasy2015 or call 01702 301301.

> speedread

● DETECTIVES are appealing for witnesses after a 65-year-old woman was robbed of her handbag by another woman.

The pensioner was followed by a white woman along Honiton Road, in Southend, shortly after 11pm on March 4. Her green leather handbag was snatched by the suspect, in her early 20s, 5ft 5ins, slim and wearing heeled boots and a hooded jacket.

Contact Dc Luke Gammon on

● LIBRARIES will be holding Easter storytelling sessions. Friars Library will holding a session on Tuesday, March 31, at 11am for six-year-olds and

above. Tickets are free but must

be booked at the welcome desk. Kent Elms Library will be holding sessions on Tuesday April 7, from 11am for six-yearolds and up.

● C2c is the UK's most punctual train company, according to Network Rail.

In the latest figures, covering 12 months to February, 96.9 per cent of trains arrived on time, compared with a national average of 89.7 per cent.

C2c managing director, Julian Drury said: "Our staff put a lot of effort into providing customers with the most punctual train service possible."

What do you think? Write to Readers' Letters, Yellow Advertiser, Acorn House, Great Oaks, Basildon, Essex, SS14 1AH, or e-mail letters@yellowad.co.uk



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Hundreds of empty homes back in use

southend@yellowad.co.uk

A NEW report has highlighted how £115million worth of empty homes have been bought back into use across Southend over the last nine

The Empty Homes Strategy 2015-2020 shows how successful the council has been tackling the blight of long term empty homes across the borough, and how it intends to continue its work in the future.

The report shows how 527 empty

homes have been brought back into use in the last nine years and 55

between 2013 and 2014.

Work has helped to reduce the number of private homes that have been empty for more than six months from 1,463 in 2006 to 651 in 2013.

Only a small number of these are owned by social landlords with the majority being owned by private landlords or companies.

Councillor for adult social care,

health and housing, David Norman, said long term empty homes are a complete blight on local communities. They can result in anti-social behaviour around the property,



Councillor David Norman and head of housing Jacqueline Lansley check on properties in the Westcliff area

impact on the appearance of a street or estate, affect the character of the area and property values.

The private sector housing team is working on a further 20 priority empty homes to bring them back into use. The strategy shows how in the next five years the council will look at reducing long term empty

homes by a further 10 per cent.

This will be done by prioritising the worst cases and working with property owners and taking enforce-

ment action where necessary.

Mr Norman said: "Whilst there are often valid reasons for a home being empty for a short period of time, it is long term properties that are the real scourge and the focus of this excellent strategy which will help to not only improve the appearance of the borough but more importantly bring back into use homes for families that

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Roll of honour for heroes

From tackling domestic abuse and rescuing elderly residents from a fire to crime-fighting in the community it's all in the line of duty for staff and officers honoured at the Essex Police Awards

SOUTHEND Police officers were among more than 200 staff and volunteers who attended the Essex Police Awards and Trophies 2015 held at Hylands Hall, Chelmsford, last week.

Among the prize-winners was a team that works with domestic violent victims in Southend

and neighbouring boroughs.

Detective Inspector Caroline Venables won the Millard Trophy for her work managing the successful Op Juno team - the domestic abuse

investigation unit for the south of Essex.

The force said her leadership is substantial and her specialist knowledge very well respected.

Presenting the awards to the winners, Chief Constable Stephen Kavanagh said: "Every day I hear stories of the fantastic work being carried out by so many officers and staff in Essex police to solve crime, protect people and help victims.

"They do a difficult and often dangerous job and I want to be able to give them some recognition for the excellent work that they do.

"We often hear about the negative side of we often hear about the legative side of policing but at this event we have heard some truly humbling stories of dedication and commitment to the people of Essex.

"Everyone at these awards should feel justly

proud of their achievements and I say again a big well done and thank you to all those who are doing a fantastic job for Essex."

Former Brentwood police officer Tony Boothman, who lost an arm in a road crash won the Diversity Trophy for his work at Chelmsford HQ for promoting equality in the workplace. Serving Brentwood **PC David Wilkinson** won

the Bennett Trophy for best student officer.
The prize is based on feedback the Essex
Police College receives from assessors and tutors working alongside the student officers. It was first presented in October 1959 by



Alderman W. J. Bennett, then chairman of Essex

PC Paul Downes, of the Local Policing Support Unit at Chelmsford, and PC Paul Barry, of Operational Policing Command at Boreham, risked their lives to enter a burning They were first on the scene at the blaze.

They shared the Wilson Trophy in recognition of performing the most commendable or merito-

A spokesman said: "Realising they needed to take immediate action forced their way in, and with visibility at less than one foot, they found their way upstairs and managed to escort the two ladies outside."

The women were treated for smoke inhalation. PC Alex Plakhtienko was named police constable of the year for his work to reduce crime in Basildon's Festival Leisure Park.



PC Plakhtienko, a neighbourhood beat officer for more than six years, was hailed for working with businesses, councils, health groups and charities at Festival Leisure Park.

He is credited with helping to reduce serious crime and associated drunkenness

Chelmsford police worker **Pru Witherspoon** was named staff member of the year for helping to recruit new officers.

She was praised for her "excellent work" on a drive to recruit more Specials for Essex Police, crime reduction awareness at V Festival and the Standing Together against Domestic Abuse cam-

PCSO Lauren Bryant was named the best PCSO in Essex.

A spokesman said: "Lauren delivers a highquality service to residents and businesses on her patch in the Basildon area."

A Basildon special constable was named the

best in Essex for coaxing down a suicidal

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woman from a bridge. **Dan O'Connell** won the top prize and judges also singled him out for 67 arrests during his ser-

also singled film out for 67 arrests during his service with Essex Police since 2007.

A spokesman said: "He fits his duties as a Special around working in the Force Control Room as a civilian communications officer. He was also instrumental in persuading a woman who was threatening to jump off a bridge over

the A127 to climb back to safety."

DC Tracey Fullerton, of the Serious Crime Directorate, was described as "a master of her craft" as she picked up the Liam Brigginshaw Award. She joined Essex Police in 1985 and has worked in CID since 1989.

The award is presented in memory of Assistant Chief Constable Liam Brigginshaw, who died in

February 2007 after four years' service.
The award is presented in recognition of outstanding commitment to Essex Police.

PC Kevin Bingham won the Anthony Peel Trophy in recognition of "commendable or meritorious achievement in the field of crime reduc-tion", for his work in tracking down high street thieves in Basildon. As a member of the Basildon Retail Crime Unit he is part of the team which achieved a detection rate of 74 per cent for all theft offences last year.

Gillian Pegram won the George Cook Trophy for outstanding commitment to public service

She works in criminal justice and offender management in Chelmsford and joined the force

Det Sgt Christopher McGlade, from Chelmsford, won the Sir Jonathan Peel Trophy for the highest placed officer in the promotion exams. He works in the crime and public protec-

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NEWS



Luxury liner set to make waves

CRUISE and Maritime Voyages' latest ocean liner Magellan was officially named by TV and radio personality Gloria Hunniford last week.

In talking about a busy week for the cruise industry, following the naming of The Britannia in Southampton, she thanked Her Majesty the Queen for being the "warm-up act".

More than 1,000 leading travel experts, cruise media writers and top customers joined VIPs at the event at London Cruise Terminal.

Mike Hall, head of marketing for Cruise and Maritime Voyages, said: "Guests were treated to a spectacular show by Luke Miller and Laura Robinson, one of the UK's hottest Latin American dance couples, and the wonderful

"All the guests enjoyed a five-course meal followed by a spectacular firework display, a stunning floor show then various cabarets and entertainment.

"We had various lookalikes roaming around including the Queen, Dame Edna, Del Boy, Jack Sparrow and David Beckham. Plus caricaturists and magicians.

"So our busy smartphone guests have left with some memorable photos.'

On Sunday Magellan left the port terminal at Tilbury for a 12-night maiden cruise which includes searching for the solar eclipse on Friday morning, off the Faroe Islands.

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ONESIE FUN: Students at the college raising money for Red Nose Day

STUDENTS and staff at South Essex College donned onesies and red noses to support a record-breaking Comic Relief last Friday.

The lecture pod at the college's Southend Campus also doubled as a giant red nose to help fundraisers mark the event.

fundraisers mark the event.

Members of the Students' Union were also out in force collecting money.

Georgina Scates, 17, who is taking a level three diploma in early years education and care, from Basildon, said it was great to get involved.

She said: "It is important to help people who are not as privileged as you and it has been really fun coming to college in our onesies.

"It has proved to be a real head turner, especially when we ventured into town for lunch."

The event raised £78million nationwide and Comic Relief also revealed that more than one billion pounds has been raised since the charity was set up 30 years ago.

Comic Relief founder Richard Curtis said he was "enormously proud".

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Women brigade operators' 'shift equality' strike

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FEMALE fire brigade operators have walked out on an eight-day strike, claiming a new shift pat-tern in Essex will "disproportionately affect women"

The workers went on strike from 7am last Tuesday and said they would not return until 7am on Wednesday.

on wednesday.

They blamed a new shift system, which they said had "seen some emergency control operators having to leave their jobs or drastically reduce their hours and pay" and claimed that some workers were considering leaving over the

William Murphy, of the Fire Brigade Union, said: "Not only will this be the longest strike to date, but all the strikers are likely to be women." He said Essex fire chiefs had "ignored cost-

neutral alternatives that could avert the industri-

Jo Byrne, who represents control operators on the union's executive council, said: "Despite the willingness of Essex control staff to accept compromise, Essex fire service management have just forged ahead and imposed the shift changes anyway.
"We have celebrated International Women's

Day. These shifts disproportionately affect women with young families and a number of our members have been forced to leave the service, while others have had no choice other than to reduce their hours and pay to fit in with available childcare.

"It's not lost on anyone that the decision to impose these unworkable shifts into the Essex control room was taken by a senior management team consisting predominantly of middle-aged men who have no intention of working the shift system themselves.'

Essex County Fire and Rescue Service said: "Essex will once again have strong contingency arrangements in place to protect the county and members of the public will not be affected by

"This strike action will not impact on fire appliances turning up at incidents as the men and women in control are those that take 999 calls."



'Help raise vital funds for the 'Lord Whisky Animal Sanctuary' by donating unwanted reusable clothes, paired shoes, accessories.' For more information on this charity please visit

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Ex-police chief faces legal action

POLICE and Crime Commissioner Nick Alston is suing former Chief Constable Roger Baker for £85,000.

Mr Alston said he had commenced legal proceedings against Mr Baker, who retired in July 2009.

He said the former Chief Constable had received the money in the form of "retention payments", also known as a "golden handcuff"

However, Mr Alston's office has refused to comment on how much it will cost taxpayers to pursue Mr Baker through the courts.

The payments were signed off by

the Essex Police Authority, which was replaced by the Police Commissioner's department in late 2012

Mr Alston said the payments went beyond figures agreed nationally for senior officers' pay.

In a statement issued last week, Mr Alston said: "In the summer of 2013 I was advised that so-called 'reten-Baker, a former Chief Constable of Essex Police, were outside the national Police Negotiating Board

"Since that time I have been seek-

ing clarification for the rationale and legal authority for those payments.
"I have continued to progress this

matter robustly, always seeking to achieve a resolution that it is in the best interests of the people of Essex.

"I can confirm that I have now commenced legal proceedings to seek to recover £85,000, plus interest, from Mr Baker. As legal proceedings are now active, I am unable to say anything further about this specific case.'

Asked whether anybody had estimated the likely cost of a court case, a spokesman for Mr Alston said: "It would not be appropriate to disclose legal costs at this stage."

The YA contacted Mr Baker through Colchester Hospital, where he currently works as a non-executive director.

The hospital press office issued a statement from Mr Baker, which said: "As this is an ongoing legal proceedings issue, I will not be making any comment."

The Association of Chief Police Officers (ACPO) said it would not comment because the case did not concern a currently serving chief





DISPUTE: Roger Baker, left, and Police and Crime Commissioner Nick Alston

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READERS' LETTERS

Save the **Cliffs from** development

SINCE when has it been acceptable to have residential building on the Cliffs?

Do we really want to set a precedent for other developers which could eventually see the loss of the Cliffs as green open space for all to enjoy?

Are we to presume that the Town Plan allows for residential development in this area? Has this been addressed? Not only is this plan inappropriate as dwellings, it is out of keep-ing with the character of Clifftown and a monstrously over large brutalist shape.

Five storeys will be oppressive and ugly. The street scene will be irreparably damaged to Southend's detriment. We have had enough of this type of

development in our town. Have we learnt nothing from past mistakes? We can all list them. Let's hope this council is listening to its residents unlike the previous administration. The SKIPP Committee

Patsy Link Sheena Walker Mark Sharp Southend on Sea

Give traffic issues some thought

ISN'T it about time that the

issue of the traffic problems on Canvey were really thought

I now read that there is talk about widening the road on Soames Avenue to alleviate any build-ups

Why? At the end of the day, all traffic leaving the island merges at the Waterside round-

Stop all new buildings, that means those due to start in Thorney Bay and other areas until we have a third road that doesn't leave via the Waterside roundabout.

Why waste money widening existing roads when it needs to be spent on adding a third

Will someone please look into this problem with a sensible prospective?

lan Umpleby Canvey Island

Land grab row rages on with council

I WOULD like to point out that David Marchant (Chief Executive, Castle Point Council) made an error in his recent letter published in your newspaper.

newspaper.

He stated that council officers carry out their duties impartially and in accordance with the law.

I recently informed the chief planning officer at Castle Point that squatters had breached rules by erecting a fence and gate which was more than one metre high

The written reply to me dated March 4, stated: "I confirm that the council is aware of the erection of a fence and gate at the land. These are higher than one metre and so do not benefit from permitted

development rights.

"However, whilst technically a breach of planning control, it would not be expedient for the council to take enforcement action over such a minor infraction."

This may be Mr Marchant's idea of enforcing the law, but I fail to agree. I am afraid I agree with Ms Grice and would ask the officers to listen to the needs of those people within Castle Point who pay

their wages.

Maybe as their employees we should have the right to terminate their employment. Now there's a thought.

Keith Little

• I WOULD like to comment on the letter from David Marchant of Castle Point Council.

All we wanted was a little help from our council instead of being shrugged off. I understand some information we may not have liked to hear but there are things you could have done to help stop the woods being hacked to death

woods being lacked to dealihild by land grabbers from another county and sticking fences up whatever size they wanted.

There appears to be a breach in the Tree Preservation Order and the council chose not to do anything about it. We had to repeatedly ask for someone

to come and check what the land grabbers were doing to

I wonder how you would react if this was happening outside your house.

Again I say, all we wanted was a little help.

Michelle Harvey

Benfleet

• FURTHER to the letter from David Marchant (March 13) in which he attempted to discredit me by claiming that I gave a false and misleading impression of certain council employees.

I was brought up to be honest and stand by the comments I made in my original letter, all of which can be corroborat-

Perhaps he is a bit miffed that I did not react to the rather menacing e-mail that was sent to me, (forwarded to The Yellow Advertiser for their

information).

Far from being intimidated, I was not prepared to dignify it

with a response.

If, as he claims, council officers carry out their duties impartially, would he care to explain why e-mails and phone calls from residents affected by the current situation are routinely ignored?

Would he care to explain why in a letter dated July 17. 2014, stating that there would be an assessment carried out of the woodland with regard to potential breaches of the Tree Preservation Order, the residents allow the work to go ahead without interrup-

Would he care to explain that when a clear breach was pointed out to the officer we were later informed that no action would be taken?

Would he care to explain that when pointed out to the council that more than five cubic metres have been felled which requires a licence from The Forestry Commission and on searching its website no record of a licence being issued can be found, therefore an offence has been committed, the council do nothing?

Basildon Council has reportedly put a stop to this land grabbing by taking all spare land in its area under its protection. Would David Marchant care to explain why Castle Point can't or won't do the same?

He then wonders why the residents are suspicious of certain council employees' actions. **D** Grice

Thundersley

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INSTRUCT US TODAY!!

The facts behind house prices

(December to February) were 2.6 per cent higher than in the previous three months (September to November).

The quarterly rate of change increased for the second successive month. Nonetheless, it remains below the rates recorded between July and September 2014.

The three monthly rates increased despite a small monthly fall in February due to robust rises in both December and January. Prices in the three months to February were 8.3 per cent higher than in the same three months a year earlier.

This was a little lower than January's annual increase of 8.5 per cent and significantly below the peak of 10.2 per cent in July 2014 House prices fell by 0.3 per cent between

January and February, partly offsetting January's 1.9 per cent rise. Home sales eased further in January 2015

Despite a 15 per cent increase between 2013 and 2014, home sales fell for the fourth consecutive month in January.

Sales in the three months to January were 2.5 per cent lower than in the preceding three months and sales in January 2015 were 6.1 per cent lower than in January 2014.

Mortgage approvals rise

The volume of mortgage approvals for house



purchases - a leading indicator of completed house sales - increased for the second consecutive month in January, to 60,786.

The recent modest rise in approvals follows

five successive monthly falls between July and November 2014.

Approvals in January 2015 were also 20

per cent lower than in January 2014.

House building rises further and increased in 2014 with the number of completions in England improving by 8 per cent from 109,490 in 2013 to 118,760 in 2014. This was the second successive annual increase

Despite this pick-up, the level of completions remained 33 per cent below the total in 2007 and is well below the rate at which new households are being formed.

The number of new homes being started in the final quarter of 2014 was also 9 per cent lower than in the same period a year earlier.

Supply remains tight

New instructions increased for the first time in six months in January. There was also a modest rise in the number of properties for sale on surveyors' books.

Nonetheless, the supply of homes on the

over the past year

Commenting, Martin Ellis, housing economist, said: "House prices in the three months to February were 2.6 per cent higher than in the preceding three months.

"This measure of the underlying rate of house price growth increased for the second

consecutive month in February despite a small monthly fall in prices.

"Annual price growth nonetheless eased, from 8.5 per cent in January to 8.3 per cent, and is comfortably below last July's peak of 10.2 per cent.

'The firming in price growth shown by the recent pick-up in the three month-on-three month comparison and indications of a modest rise in activity are likely to be due to a boost to housing demand as a result of increases in real earnings and spending power, further recent falls in mortgage rates

and stamp duty changes.

"The supply of new and second-hand homes available for sale remains low; another factor that is likely to be supporting house prices.

"Supply remains tight despite housebuilding in England increasing for the second consecutive year in 2014 and a recent rise in the number of properties coming on to the

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- Extended Character Semi Detached
- Sought After 'Marine Estate'
- * Backing Onto Farmland With Estuary
- * Dining Room and Extended Lounge
- * Utility Room/Cloakroom
- * 3 Bedrooms, Balcony from Bedroom 1
- * Upgraded 4pce Family Bathroom
- * 75' West Facing Garden





HADLEIGH £485,000

- Four Bedroom Detached Family House with Estuary
- * South Facing garden in excess of 100ft
- * King John School Catchment
- Two receptions & huge Conservatory
- * Beautifully Fitted Kitchen & Separate Utility Room
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- *Garage & block paved frontage
- *Private rear garden
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- * EPC Band D





HADLEIGH £368,000

- Four Bedroom Detached Family House King John School Catchment
- South Facing Rear Garden
- Conservatory & Ground Floor WC
- Two separate reception rooms
- * Modern Kitchen & Utility Room
- * En-suite to Master Bedroom
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- * Substantial Log cabin in un- overlooked garden(for







- Sought after location within 1/2 mile of Nature Reserve
- * Detached family house enjoying views over school
- * Dual aspect lounge/diner
- * Modern 2pce cloakroom * Three bedrooms
- * Bathroom & separate WC
- * Secluded garden * EPC BAND E



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THUNDERSLEY £339,995

- Three Bedroom Detached Family House Backing Directly onto open Woodland
- Quiet semi rural location
- * 80ft Rear Garden
- Spacious Kitchen/ Diner
- * Bathroom & separate WC
- * King John School Catchment
- * No onward chain
- * Double glazed windows & GCH * EPC BAND E



HADLEIGH £334,995

- Link detached family home
- Popular and sought after Westwood estate
- * L shaped lounge/diner
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- garden
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4/5 bedroom Edwardian house close to seafront and Station £359.995

A large semi detached character family home with off street parking for 2-3 cars, good size west facing garden, large lounge separate dining room, spacious11'6 x 10'6 kitchen and separate13' x 11' utility room, cloaks/w.c., many original character features, popular location of Westcliff on sea, close to the seafront, Station, cliffs and Hamlet Court Road. Keys available for viewing. Ref etl5314









2 Bedroom flat, Southend £145,000

KEYS AVAILABLE TO VIEW THIS large two bedroom first floor flat situated in this popular and convenient location within easy walking distance of Southend Town Centre, Beach, High Street and Stations for Fenchurch Street and Liverpool Street (London). No Onward Chain. Excellent size 18' x 15' lounge, 12' x 11' kitchen.Ref etl5259



Walking distance of Leigh Station £199,995

Contemporary two bedroom purpose built ground floor flat close to local shops and walking distance of Leigh Station, Double glazing, private parking, spacious lounge with patio doors to the gardens, open plan fitted kitchen, en suite shower room to master bedroom, further bathroom/w.c. Ref esh1722

THUNDERSLEY, IMPRESSIVE DETACHED HOUSE OCCUPYING SUPERB FAN SHAPE PLOT WITH 100' X 65' REAR GARDEN £449,995

Detached double garage, four bedrooms, en suite shower to master bedroom, 20'x 20' superb lounge, separate dining room, spacious conservatory, kitchen/ breakfast room, cloaks/w.c., beautiful well stocked and secluded gardens, favoured location in Thundersley perfectly placed for schools for children of all ages. Walking distance of Thundersley Glen. Ref etl5315

Town & Country team







4 Bedroom family house, Leigh £399,995

A most spacious and well presented four bedroom semi detached family house within walking distance of Belfairs woods and golf course. Local schools are also nearby including the High schools. The property is available with no onward chain. The excellent size accommodation includes a large lounge overlooking the rear garden, a separate dining room, a spacious well fitted kitchen and a luxury bathroom. ETL5313

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Unique second and third floor duplex apartment offering extensive views over the Estuary and cliff gardens. The property offers good size living accommodation and benefits from two bedrooms as well as full gas central heating.

Family House

Semi detached

Sought after location

Spacious ground floor

'L' Shaped kitchen/diner

Utility room

Three bedrooms

Bathroom/wc

Gas central heating

Attractive rear garden





Well presented studio first floor apartment positioned close to local shops in Benfleet High Road within walking distance of Benfleet railway station with links to Fenchurch Street. Accommodation comprises good size living area with modern kitchen, bathroom/we and full double glazing, communal off street parking. The property is currently let on an assured shorthold tenancy for a term of 12 months which expires on the 29th November 2015. The current rent is £425 per calendar month which is producing an income of £5,100 per annum.





Unique second and third floor duplex apartment offering extensive views over the Estuary and cliff gardens. The property offers good size living accommodation and benefits from two bedrooms as well as full gas central heating.







Sorrell are favoured with instructions to offer for sale this second floor apartment positioned close to local shops in Benfleet High Road within walking distance of Benfleet railway station with links to Fenchurch Street. Accommodation comprises lounge incorporating kitchen area along with bluebedroom and modern bathroom/wc. The property benefits from full double glazing and has the advantage of balcony. Communal off street parking. The property is currently tet on an assured shorthold tenancy which is holding over at a rent of £500 per calendar month which is producing an income of £6,000 per annum. The property can be offered with vacant possession if required.



Two bedroom semi detached bungalow situated within a sought after location within short distance of Thundersley Village and common. The property has the advantage of 150' West backing garden along with detached double length garage as well as off street parking for two vehicles.



bedrooms full double glazing, gas central heating, lounge, spacious dining room with door leading onto garden, kitchen, ground floor shower room, wc. No full housing benefit.



Refurbished first floor flat being situated within a sought after location, South of the London Road and within walking distance of Leigh Broadway. Lounge, new fitted kitchen with integrated oven and hob, double bedroom with newly installed shower room/wc .Newly decorated, new carpets



parking and own rear patio.The property benefits from a lounge, good size double bedroom, kitchen with breakfast bar and integrated oven and hob with space for appliances, bathroom with integrated shower over. There is double glazing and gas central heating and further lawned communal gardens. Sorry no housing benefit, children, smokers or pets.



Attractive ground floor flat, spacious lounge, fitted kitchen, integrated oven and grill, four ring gas hob, recess for upright fridge/freezer, plumbing and recess for washing machine, French doors leading onto own rear garden, shower room/wc, heating via air heat pump system and electric storage heaters, off street parking to rear, whole of rear garden, own front garden,











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Ask the Agent

Alan Kirkman

Q. With the Budget just round the corner, and a General Election in May, is there any point putting my home on the market now, or should I wait?

The Budget is probably not something you need to worry about. After all, the Chancellor has only just taken steps to boost the property market by reforming

Stamp Duty. But in any case, even if he was minded to do so, he's hardly likely to announce any bad news this close to an Election!

The Election itself is a different matter, however. It is undeniable that General Elections do tend to have something of a depressing effect on the market - probably due to the extra uncertainty they introduce into our lives. Consequently, both buyers and sellers have a tendency to hold back from making any major decisions until the result - and the consequences of that result - have become clearer.

In the case of this particular Election, that uncertainty may be even greater than usual, since the result looks too close to call. Indeed, with voting fragmented between more parties than ever before,



Alan Kirkman is a Director of both Tudor Estates in Southend and Essex TEAM part of a network of independently owned estate agents who share their instructions for the benefit of giving their client properties maximum market exposure. Alan has been an estate agent for over 32 years.

many view commentators the most likely result to be another hung parliament. Talk of a possible Mansion Tax

doesn't help, either.

Given all this, I can certainly understand why you might be tempted to wait and see how the land lies. After all, from your question, you're clearly not in any tearing hurry to move. Besides, you could always spend the next few weeks getting everything lined up so that you can be one of the first to hit the market once the political dust has settled.

But then again, if you really do need to move

home fairly soon – and if your current property is already in tiptop condition – then there's an equally strong case for going to market right away, rather than waiting. After all, while some buyers may have other things on their minds, this is likely to be offset by the fact that there is a serious shortage of properties on the market at the moment. Besides, the uncertainty engendered by an Election doesn't always evaporate immediately the votes are counted.

All in all then, I suppose this is just a roundabout way of saying that there are potential pluses and minuses in every situation. Ultimately, there is no right or wrong time to put your home on the market. You must do it when it suits you - Election or no Election.

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WESTCLIFF £130,000

Excellent First Floor Flat. Convenient for All Amenities. Lounge. Fitted Kitchen. Double Bedroom. Bath/w.c. Own Rear Garden. EER. D.



SOMERSET ESTATE WESTCLIFF £300.00

Semi Detached Chalet Bungalow. 3 Bedrooms En-Suite to Master Bed. Thr Lounge/Diner. Fitted Kitchen leading to Sun Lounge Extension. Family Bathroom/w.c. Rear Garden, Detached Garage, EER, E.



LEIGH £399.995

4 Bed Semi Detached House. Lounge. Dining Room. Kitchen/Diner. Cloakroom. Bath/w.c. Pleasant Rear Garder Integral Garage, Parking For Further Vehicles, EER,B.



CENTRAL WESTCLIFF £235.000

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HADLEIGH £350,000

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LEIGH £320.000

Character 3 Bedroom End Terraced House, Sought After Position. Thr Lounge/Diner. Fitted Kitchen/Diner. Bathroom/w.c. Medium Sized Rear Garden. Early Inspection Recommended.



OLD LEIGH £360,000

Character Mid Terraced Cottage. Sought after location. Dining Room. Open Plan to Fitted Kitchen. Lounge open plan to Kitchen. 2 Bedrooms. Bathroom/w.c. Rear Decking Area. Parking. EER.



LEIGH-ON-SEA £355,000 Spacious Detached Bungalow with Granny Annexe Lounge/Diner,

Fitted Kitchen, 2 Double Bedrooms, Family Bathroom, Large Garden Parking, Annexe 3 Rooms and Shower room, Recommended, EER, E.

Hullbridge

£339,995

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A generous, three

Window of opportunity for those looking to move home, says Connells

Advertisement Feature

Connells

With a 10% rise in people requesting to have their property valued this January/February compared to last year, Connells in Rayleigh is advising both sellers and buyers that now is a brilliant time to start thinking about your property search.

With an uplift in people looking to sell their property and demand from buyers continuing unabated, Connells is seeing a high level of activity from home movers and first time buyers as they look to secure their dream home whilst general market conditions are strong.

"We've seen a rise in interest from potential sellers who are keen to have their property valued. This indicates more properties potentially coming onto the market in the near future," says Christine Mahy, Residential Sales Manager.

"This is fantastic news for buyers locally who are still heavily outweighing the supply of homes

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available. With mortgage rates currently low, competitive mortgage products and attractive schemes such as Help to Buy available, now presents a window of opportunity for both buyers and sellers to lock down their next property move," Christine continues.

As the property market continues to perform buoyantly, Connells is advising homeowners thinking of selling, to get the ball rolling now: "Property prices are rising steadily and buyer's appetite is still strong," says Christine. "With plenty of people keen to secure a property in the early half of the year, now is a great time to explore your options and get moved."

If you have a property to sell and would like to book a free market appraisal with Connells, please contact the branch on 01268 777767 or email: rayleigh@connells.co.uk





bedroom, detached bungalow on a substantial corner plot situated in the pleasant riverside village of Hullbridge. Lots of potential with planning permission to extend. Excellent transport links to Rayleigh/Southend for commuting to the city. Arrange a viewing via selling agents haart of Hockley 01702 200420





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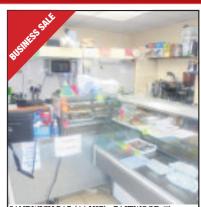


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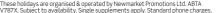
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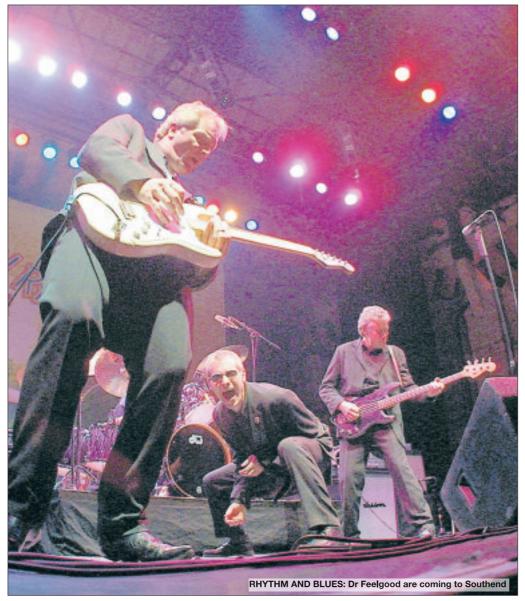
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BACK IN THE NIGHT

By LIZ WADE

WIDE range of outstanding bands and vocalists will be providing classic musical entertainment at theatres over the coming weeks.

Dr Feelgood, one of the most

popular live rhythm and blues acts in the world, will be appearing at Palace Theatre, Southend, on Friday.

Formed on Canwey Island in the early 1970s, Dr Feelgood have enjoyed global success with a string of hit singles including Milk and Alcohol, Roxette, Back in the Night, Down at the Doctors, She Does it Right, Going Back Home and See You Later Alligator.

The current line-up features the rhythm section Kevin Morris on drums and Phil Mitchell on bass, both 29 years in the band, and Steve Walwyn on guitar who has been with the outfit for 23 years.

Vocalist Robert Kane, formerly of the Animals, is the most recent addition – joining in 1999 after the death of Lee Brilleaux.

The band, whose album

Stupidity went to number one in the UK charts, continously tour venues across the UK and abroad, and appear in Southend before heading off for dates in France, Holland, Switzerland

and Germany later in the year
An Easter filled with live music will follow at the Queen's Theatre, Hornchurch, between March 29 and April 5, offering everything from pop and swing to Motown and rock 'n' roll.

The London Swing Orchestra will bring a fabulous line-up of melodies spanning 50 years to the theatre on Sunday, March 29.

Widely-acclaimed Graham Dalby and his London Swing Orchestra have been charming thousands across the globe with their hugely varied and versatile programme of swing.

Travelling as far east as Shanghai and Hong Kong, their wide appeal crosses all generations and they have performed at the birthday celebrations of the late Queen Mother, the Duchess of Cambridge and are regularly seen and heard on BBC radio and TV.

Turn to page 34



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<u>Cinema</u>



THE DIVERGENT SERIES: **INSURGENT (12A, 119 mins)**

DAPTED from Veronica Roth's bestselling trilogy for young adults, Insurgent is a slickly engineered sequel that moves the dystopian narrative along at pace to a startling final revelation. Robert Schwentke's

action-packed film crams its visual pyrotechnics into the climactic 30 minutes when Shailene Woodley's heroine Tris must complete a series of tasks to prove that she possesses the qualities of all five factions: the selfless-ness of Abnegation, the courage of Dauntless, the honesty of Candor, the intelligence of Erudite and the inner peace of Amity.

These trials include a visual-

ly stunning race against time to rescue Tris's mother (Ashley Judd) from a burning building that rotates as it ascends to the heavens and fisticuffs between the heroine and her diabolical doppelganger

Woodley accomplishes these feats with aplomb, but it's during the film's quieter moments that she excels.

In particular, a scene of unburdening facilitated by a truth serum is a tour-deforce of raw, tear-stained emotion that bodes well for the concluding chapter Allegiance, which will be released in two parts a la The Hunger Games.

When it comes to milking cash cows, Hollywood prefers them desiccated when the end credits roll.

The second film opens with Tris (Woodley), her lover Four (Theo James), brother Caleb (Ansel Elgort) and Dauntless traitor Péter (Miles Teller) ensconced in the pacifist enclave of Amity under the jurisdiction of Johanna (Octavia Spencer).

Tension's between Tris and Peter spill over just as the gun-toting forces of Erudite gatecrash the bucolic idyll.

Peter betrays the fugitives but Tris, Four and Caleb escape and head for the only sanctuary left to them: the realm of the factionless under the control of Four's conniving mother, Evelyn (Naomi Watts).

"If we were to combine forces, we'd be unstop-pable," enthuses Evelyn, sensing an opportunity to overthrow Jeanine (Kate Winslet) and her cohorts from Erudite.

Allegiances are tested as Tris and Four disagree about the way forward. Meanwhile, Jeanine hunts down Divergents to unlock a box that purportedly contains the key to eradicating the misfits once and for all.

Although it lacks the sustained visceral thrills and sense of jeopardy that distin-guished the first film, Insurgent confidently lays the groundwork for a fraught

journey back to humanity. While Woodley excels in every frame, many of her co-stars are underused, particularly Whiplash drum-mer boy Teller and Elgort. Director Schwentke, who

oreviously captained Jodie Foster in the airborne thriller Flightplan, safely pilots the sequel through dramatic turbulence, knowing the best is yet to come.

Released: March 19 RATING: 6.5/10

Stage

Stellar line-up for all the family

• From page 33
Playing classics from the Roaring Twenties to the hits of the sixties, they promise Hornchurch a superb evening with gems from Frank Sinatra, Glenn Miller, Benny Goodman, Louis Armstrong, Bobby Darin, Louis Prima

and Nat King Cole.

They are followed by a new show from Forever in Blue Jeans on Friday, April 3, which explodes with song and dance from the 1950s through to the 1980s.

Forever in Blue Jeans makes a welcome return to the Queen's and invites everyone to join the party. Charismatic entertainer Carole Gordon is back with a terrific cast of singers, dancers and musicians, performing in a funfilled family show that will have audiences dancing and singing along to the hits of The Beatles, Jerry Lee Lewis, The Monkeys, The Jackson 5, Diana Ross, The Four Tops, The Carpenters, Showaddywaddy and ABBA.

There will also be a medley of Burt Bacharach songs including What the World Needs Now Is, What's New Pussycat? and Do You Know the Way to San Jose.

How Sweet It Is will also be delighting audiences at the Queen's with Motown's greatest hits on Saturday and Sunday, April 4 and 5. The show features first-class music, slick

choreography and an amazing live band. Everyone will be "dancing on the ceiling" to songs from legends such as Lionel Richie, Stevie Wonder, Marvin Gaye, The

Jacksons, The Temptations and many more, with hits such as Loco in Acapulco, My Girl, I Heard It Through The Grapevine and The Tracks of My Tears.

Starring five fantastic vocalists and dancers – Michael, Martell, Delroy, Jason and Jordan – this production celebrates all those wonderful Detroit vibes.

Double Grammy-winning, easy listening giant, Jack Jones, will be at the Cliffs Pavilion, Southend, on Tuesday, May 5, as part of The Coming Home Tour.

Jack enjoys consistently sold-out world tours. With his own star on the Hollywood Walk of Fame, and admirers including Sinatra, Mel Tormé and Icomposers Sammy Cahn and Michel Legrand, Jack's impressive CV includes film and television roles, an internationally-syndicated TV variety show, and guest performances at Carnegie Hall,

the Kennedy Centre and the White House.
Joining Jack will be special guest Rita
Coolidge. With Jack's swinging renditions of
classic standards, and Rita's hits such as We're all Alone, the performance looks set

to be a night to remember.

For further information and tickets for shows at the Palace Theatre or Cliffs Pavilion call the box office on 01702 351135 or visit www.southendtheatres.org.uk. For shows and performances at the Queen's Theatre call 01708 443333 or book online at queens-the-

atre.co.uk.

Open: Sun: 12pm-3pm/6pm-11pm • Mon-Thur: 12pm-2pm/eve 5.30pm-11pm • Fri & Sat:12pm-2pm eve 5.30pm-12midnight

Liz at Large

YA features reporter Liz Wade goes out and about with her boys

Tracks of the years

AKE a step back in time to the swinging sixties, fabulous fifties or fighting forties, at the East Anglian Railway Museum.

These are just a flavour of some of the events at the museum, situated on the edge of breathtaking Constable Country, throughout the year – all of which offer something for the whole family.

East Anglian Railway Museum is a living history site, situated adjacent to one of the largest railway viaducts in eastern England.

With original Victorian buildings, restored trains and carriages, a signal box where you call pull the levers and plenty of interactive displays, the museum is a hidden gem just a short drive from Colchester.

The whole site, built around the working railway station of Chappel and Wakes Colne which operates National Rail services to Marks Tey and Sudbury, is dedicated to telling the story of all periods of railway history and people's lives in East Anglia from the 1840s to the present day.

The Stour Valley Railway
Preservation Society, formed in
1968, established its headquarters
at Chappel and Wakes Colne
Station the following year, leasing

the redundant goods yard, goods shed, signal box and station buildings from British Rail.

Despite the fact it took it on as a

Despite the fact it took it on as a derelict site with no electricity and dismantled tracks, it held its first public steam day less that a hundred days later, taking passengers along a third of a mile of relaid

Members of the society quickly restored the buildings, turned the goods shed into a workshop and part of the station buildings into a book and gift shop, and went on to create a museum which not only portrays a typical East Anglian country junction station as it would have been in the late 1950s, but also has a comprehensive collection of railway architecture, locomotives, carriages and wagons.

Wander around the waiting room and peer into the ticket office before crossing the footbridge – moved to the site from Sudbury Station – to platform two and step inside different railway carriages from days gone by.

from days gone by.

Head around to platform three

where you will see a cattle carriage which would have transported animals, and take a look in the restoration shed where volunteers work hard to preserve trains and engines from the past.

Step inside the goods shed and visit the clerk's office, and take a tour of the heritage centre where you can find out more about the history of the railway and see a station scene

station scene.

If you have children with you then don't forget to pick up Milo Mouse trail sheets at reception and let them dress up as a station master, or pick up tickets for one of their Day Out with Thomas days.

Up-and-coming events at the museum this year include Living History: Swinging Sixties on Sunday and Monday, May 3 and 4; a Transport Extravaganza on Sunday and Monday, May 24 and 25; Father's Day Trains on Sunday, June 21, when you can enjoy unlimited rides on steam trains and take part in their diesel Driver for a Fiver event; the Chappel Cider Festival from Friday to Sunday,



June 26-28; Living History: Fabulous Fifties on Sunday, July 5; Living History: Fighting Forties on Sunday, August 2; the Chappel Beer Festival from Tuesday to Saturday, September 8 to 12; and a Small Trains Day on Sunday, October 4.

There are also miniature railway rides for adults and children during all school holidays on Wednesdays and weekends for just 50p per

ride, and Day Out with Thomas events on August Bank Holiday weekend, from Saturday to Monday, August 29 to 31, spooky days out with Thomas on Saturday, October 31, and Sunday, November 1, and festive days out with Thomas on December 6, 13 and 20.

For further information about East Anglian Railway Museum visit

You can read previous days out Liz and her boys have enjoyed by visiting www.yellowad.co.uk and clicking on blogs

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To have your event considered for publication, send the details AT LEAST 10 DAYS before the issue date to: What's On, Yellow Advertiser, Acorn House, Great Oaks, Basildon, SS14 1AH. You can e-mail us at letters@yellowad.co.uk PLEASE NOTE: We cannot guarantee that all entries will be included. will be included.

However, you can add the details of your event to our website at www.yellowad.co.uk

Saturday, March 21

- Quiz Night in aid of Cat Action Trust 1977, 7.30pm, St Margaret's Church Hall, Lime Avenue, Leigh-on Sea, £4, 01702 477163/540903.
- The South East Essex Ramblers visit

- AT7163/540903.

 The South East Essex Ramblers visit http://sites:google.com/site/southeastess exramblers to find out when we are walking this week.

 Counselling Service The Olive Tree Centre, 9am-9pm, call anytime and we will get back to you, 01702 524346, enquiries@olivetreecentre.org.uk.

 Transmission Meditation Workshop Helliwell Room, Forum Library Southend 10-11.30am, admission free.

 Vugioh Club play and trade yugich, 120 Southend Road, St Catherine's Church Hall, Wickford, SS11 8EB, mini tournaments, 130-42.0pm, 07985 671289.

 Dads and Kids Club The Megacentre, Rayleigh, 10.30am-1.30pm, free admission, games, activities, arts and crafts, for ages five to17, with their fathers and father figures. 01268 779100.

 Saturday Morning Club St Michael's Church Hall, Leigh Road, 10am-noon, admission free, Inter-Church Caring for the Elderly and Disabled. 01702 437863.

 Brush Strokes Art Group Highlands Methodist Church, Leigh, 9, 15am-12.15pm, new members welcome. 01277 627043.

 Different Strokes Exercise Class St Peter's Church Hall, Eastbourne Grove, Southend, for those who have had a stroke, 2.30pm. 01702 612509.
- Southend, for those who have had a stroke, 2.30pm. 01702 612509.

 Jazz Workshop Southend Jazz Coop, Hadleigh old fire station, 10am-1pm,
- per session (concessions available). ■ Flamingo Fairs vintage & more fair – The Churchill Room, Wanstead Library, 11am-

Sunday, March 22

■ Hockley & District Horticultural Society

- trading hut 10am-noon, for all your gardening sundries, membership £3, behind Hawkwell Village Hall, Main Road, Hawkwell.

 Ron Spack's Dinner Jazz Westeliff Hotel, Westeliff, 1pm. 01770 2 345247.

 Sunday School no charge, The Ark, Hadleigh Methodist Church, Chapel Lane, SS7 2PQ, 11am-noon, ages three to10. 07585 601815 or 07967 913344.

 Quaker Meeting for silent worship and meditation Quaker Meeting House, Dundonald Drive, Leigh, 10.30-11.30am.

 King's Church Southend Blenheim School, off Blenheim Chase, Leigh, 10.30am-noon. 01702 523639.

 Greek Community of Southend and District, Church of St Barbara, St Phanourious and St Paul's Salisbury Avenue, Westeliff, 10am-noon. 01702

- Avenue, Westcliff, 10am-noon. 01702 466435.
- 466435.
 Sunday Club TGH Evangelical Church, Klin Road, Thundersley, (three to 12 years), Bible stories, craft, singing, 10.45-11.45am, no charge, details 01702 554904.
 Mojo Friendship Club Travellers Joy, Downhall Road, Rayleigh, 11.30am, details Mo on 07757 658799.

Monday, March 23

- Ron Spack's Jazztet with Kenny Baxter saxophone/Mike Sagott guitar, Oakwood, Rayleigh Road, Eastwood, 8.30pm, 01702 512819.
- Echos from Above spiritual centre based at the Ekco Sports and Social Club, Thornford Gardens, SS2 6PU. 7.15pm. £3.50, all profits to charity, wards at Southend Hospital
- to charny, wards at southend Hospital.

 Sunshine coffee morning for parents in Craylands & Felmores area Briscoe Community Centre, 9-11 am. Free informative workshop, coffee, cake and creche. Call Dawn 07880 035986, or just turn up.

 Beginners, dance class usually six-

- Dawn 07890 039956, or just rum up.
 Beginners, dance class usually sixweek course, ballroom, Latin American,
 Ashingdon & East Hawkwell Memorial
 Hall, Info: 01702 546219/542349.
 Leigh Scrabble Club 7-10pm. All
 standards welcome. Welsley Hall, Leigh
 Broadway, Leigh-on-Sea. Just turn up or
 call Peter on 01268 727915.
 George Hurd Centre, Basildon, for the
 over-50s. Craft: 10am-noon, Tai chi: whist
 9.45-12.30, 10am-noon, art: 12.302.30pm, choir: 2.30-4pm, indoor bowls:
 2-4pm. £2, 01268 465854.
 Senior Citizens Club Richmond Hall,
 Benfleet, 1.30-3.30pm.
 Counselling Service The Olive Tree
 Centre, 9am-9pm, call anytime and we
 will get back to you, 01702 524346,
 enquiries@olivetreecentre.org.uk.

- Over-50s Keep-fit Classes Fryerns Community Centre, details Pat 01268
- Over-50s session. Megacentre Rayleigh,
- Over-30s session, integacentre hayleigh, 7 Brook Road. Badminton and table tennis, 2-4pm. £3.50 inc refreshments and equipment. 01268 773100.

 Activity Session for adults with special needs − 10am-noon. The Megacentre, Rayleigh, 7 Brook Road, Rayleigh, £1 percenting, an otherwise for execution.

- Olub, o Solutin Inroft Boulevard, Solutine Amon-members of all standards welcome, 2-4.45pm (no partner needed), evenings 7.30-10.30pm, call Danny 07843 771774.

 Weekly Craft Workshop St Peter's Church Hall, Thundersley, Benfleet, 6-8pm, details Michelle 07730 582784.

 Basildon Players Amateur Dramatic Basildon Players Amateur Dramatuc Group – 8 -10pm, James Hornsby High School, Leinster Road, Laindon, details Jeff Levy 07913 426371 or email join@basildonplayers.co.uk. Zumba – Pitsea Day Centre Over-50s, Northlands Pavement, Pitsea, 9.15-10am.
- 01268 465432

- Northlands Pavement, Pritsea, 9.15-10am.

 10268 465432.
 Beginners Computer Course Pitsea Day Centre Over-50s, Northlands Pavement, Pitsea, 11am-1pm. 01268 465432.
 Club 60, Southend every weekday, 9.30-4pm, tea bar, non-members welcome, £2 day pass, details 01702 613562.
 Short Mat Bowls Club in Hadleigh Canvey Short Mat Bowls Club, please ring Kevin on 01268 792433.
 Short Mat Bowls Club, please ring Kevin on 01268 792433.
 Short Mat Bowls Club, please ring Kevin on 01268 79243.
 Short Mat Bowls Prittlewell Bowls Club, Priory Park, Southend, Monday to Friday, new players welcome, details Ray 01268 777666.
 Indoor Bowls George Hurd Centre, Audley Way, Basildon, for over-50s, Mon 2-4pm, Tues 2.15-4.45pm, Weds 1.30-3.30pm. 01268 465854.
 Whist George Hurd Centre, Audley Way.
- 3.3òpm. 01268 465854.
 Whist George Hurd Centre, Audley Way, Basildon, for over-50s, 10am-noon, details 01268 465854.
 Senior Citizens Club Ghyllgrove Centre, Butneys, 1.30-3.30pm, 01268 293995.
 Pensioners Stall York Road Outdoor Market, Southend, 8am-2pm.
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- Paddocks, Long Road, Canvey, doors open 7.30pm, admission £3, all profits donated to local charities, healing available after service

- - 9pm, enquiries 01268 691922. Healing, every Monday in Basildon from 10.30am-4pm, qualified NFSH healers, no charge, all donations to local hospice, call
 - obage, all donations to local hospice, call of options of local hospice, call of local hospi

Tuesday, March 24

- Rayleigh Horticultural Society Club Night -Rayleigh Horticultral Society Club Night: Fred Feather: The Motorbike Bandits, St Michael's Church Hall, Sir Walter Rayleigh Drive, 8-10pm, £2.50 non-members. B Brownies – St Nicholas Church Hall, Long Road, Canvey Island, 5.30-7.00pm, crafts, badge work, games, holidays, sleenovers
- selepovers.

 Open Night Anchor Folk Club, Brooke Williams, 7-9pm, Northview Drive, Westcliff, 8pm, £2, performers free, 01702 715111.

 Counselling Service The Olive Tree Centre, 9am-9pm, call anytime and we will get back to you, 01702 524346, enquiries@olivetreecentre.org.uk.

 Yoga Class Thorpedene Community Centre, Delaware Road, Shoeburyness, 7-8.30pm, £5 beginners welcome. Please bring a blanket and your yoga mat. All ages welcome from 16-plus. 07961 314983.

 Social Dance Class, with instruction, in ballroom, Latin American and sequence,
- Social bance class, with instruction, in ballroom, Latin American and sequence, 8.30-10.30, Ashingdon & East Hawkwell Memorial Hall. Info: 01702 546219/542349.
 Table Tennis 7.30-10.30pm, The Megacentre, 7 Brook Road, Rayleigh, 23.60 per session.
 Singles Friendship club for those aged 50 and the Section Sections 2.
- Singles Friendsnip club for those aged and over South Benfleet Social Club.
 Maureen 01268 692998.
 Weekly Craft Group Oasis Coffee
 House, 189 Leigh Road, Leigh. 2.30-4pm.
 No charge or booking required. Emma
 01702 471873.
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- require new or experienced players. James Hornsby School, Laindon. First session free call or text Alan on 07952 043456.

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- Social Dance 1.45pm, St Cedd's Church, Bridgewater Drive, Westcliff. Ballroom, sequence, Latin. 01702 618771.
- Ballrooff, Sequence, Lattin. 1070-5187/ E-vening of clairvoyance St Cecilla's Christian Spiritualist Church, 9 Lord Roberts Avenue, Leigh, 7.15pm, £2, enquiries Anne 01702 556470. Folk Music The Hoy at Anchor Folk Club, Royal British Legion, 7/9 Northview Drive, Westcliff, Steve Tilston, 8pm. 01702 715-111
- Tea Dance Ashingdon Memorial Hall
- Tea Dance Ashingdon Memorial Hall, Ashingdon Road, Rochford, ballroom, Latin and sequence, 2-4pm. 01702 584575.
 Scrabble Club Hockley Social Centre (rear of library) 6.30-10pm, first two visits free, 01702 205910.
 Meeting Ladies Fellowship at the Salvation Army in Hadleigh, 7.30pm, any age, good speakers, chatter nights, outings, meals out and summer walks, 50p per week or annual subscription, just come along or call 01702 551470.
 The Puffers Club exercise class for
- The Puffers Club exercise class for people with breathing difficulties run by
- people with breathing difficulties run by people with breathing difficulties, Ambleside Sports and Social Club, Ambleside Drive, Southend, 12.45-2.30pm. 01702 610050/466827.

 Pathfinders blind and partially sighted group Fryerns Baptist Church, Whitmore Way, 9.30am-2pm.

 The George Hurd Centre, Audley Way, Basildon, for the over-50s, yoga: 10-11am, sit down yoga: 11.10-12.10, keep fit: noon-1pm, line dancing: 1.20-2.20pm, chess: 1.30-3.30pm, craft: 1.30-3.30.01268 465854.
- 465854.

 Singles Social Group The Mews, Nelson Mews of Clarence Road car park, Southend, age group 50-plus, 8pm. 07970 432994.

 New and nearly new stall outside St Martin's Church, Town Centre, Basildon, (if wet in church foyer), 10am-noon.

 Table Top Sale Outpatients Foyer, Southend Hospital, 9.30am-3pm, Breathe Easy Southend Hospital, 9.30am-3pm, Breathe Easy Southend, Helping support people with lung problems. 01702 258661.

 Carpet Bowls Eastwood Community Centre, top of Morrisons car park, 1.45-3.45pm, no experience necessary, £2/session inc tea, £5 to join, first session free.

- 3.45pm, no experience necessary, ½// session ir tea, £5 to join, first session free. Bingo and Hoy Wick Community Centre, Wickford, 1.30-4pm, details John Clarke 01268 570575. Top Catts Social Club, (Southend Mencap) Castle View School, Meppel Avenue, Carney, 7-9.45pm, for adults with learning disabilities, aged 25-plus, £2 per session, details 01702 341250.
- Tuesday Luncheon Club Inter-Church Caring for the Elderly and Disabled, Avenue

- Baptist Church Hall, Milton Road, Westcliff, for people living alone or with their carers, details 01702 478691/525141/340617.
 ■ Little Lunchers Activity Club – St Michael's Church, Rayleigh, 11.45am-
- Vange Tots Vange Community Centre, Vange Hill Drive, Vange, 9.30-11.30am, admission £1, snack and drinks provided for all. 01268 498642.
- Shoebury Flagship Rainbow Children's Centre, Friars School, Constable Way, Shoebury, 1.30-3.30pm, health visiting team offering activities, advice and support for parents with babies and children aged up to five. 01702 577656.

Wednesday, March 25

- Country Roads Country Music Club Merv & Maria, Conservative Club, 16-18 Clarence Street, SS1 1BD. 8-11pm, £7, 07958 910737.
- Clarence Street, SS1 1BD. 8-11pm, £7, 07958 910737.
 Wickford Horticultural Society monthly meeting, Catholic Church Hall, London Road, Wickford, 8pm, David Williams: Pound-Shillings & Poverty. £2 non-members, refreshments, raffle, 8-10pm, 01268 732320.
 Pregnancy Yoga Class Westwood Primary School, Hadleigh, 8-9pm. £6 per session, Linda 01702 552260 for info.
 Line Dancing Lessons all types of music, 12.30-2.30pm, St Margaret's Church Hall, Lime Ave, Leigh-on-Sea, SS9 3PA. 07948 108195.
 Counselling Service The Olive Tree Centre, 9am-9pm, call anytime and we will get back to you, 01702 524346, enquiries@loivetreecentre.org.uk.
 TEDFAS (Thames Estuary Decorative and Fine Arts society) The Freight House Bradley Way, Rochford, 10.30am and 2.30pm, visitors £5, 01702 479416 or 01268 771120.
 The Concord Ladies Club of Rayleigh 130-30m Caley Hall Crown Hill

- 01268 //1120.
 The Concord Ladies Club of Rayleigh –
 1.30-3pm, Caley Hall, Crown Hill,
 Rayleigh, 01268 743240.
 Leigh Singles Social Club 45-65s.
 Bellini's, London Road, Leigh.
 www.leighsingles.co.uk for details.
 Activity Session for children with special
- Activity Session for children with special needs, aged five to-18. The Megacentre, 7 Brook Road, Rayleigh. Donation of £1 per session, siblings welcome. Graham's Social Tea Dance Richmond Hall, Richmond Avenue, Benfeet, ballroom,
- Latin and sequence dances for all abilities. 2-4.25pm, free car park, strictly over-18s, £4 per person. 01268 752473.
- George Hurd Centre, Audley Way, Basildon, for the over-50s. Keep fit: 10-

11am, sit down keep fit: 10-11am, salsa/ballroom: 11.30am-12.30pm, sequence dance:12.30-1.15pm, art: 1.30 3.30pm, indoor bowls: 1.30-3.30pm, £2, 01268 465854

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- 01268 465854.
 Barn Dance Grand Ceilidh Club, Royal Naval Association, East Street, Southend, live music, 8.30pm. 01702 553622.
 Indoor Carpet Bowls St Edmunds Hall, Pantile Avenue, Southend, 2-4pm, details Olive 01702 309280.
- Played Bowls Before? Come and try it at FS&S Club, Gardiners Close, Basildon free coaching given, call Chris 01268
- Breathing Exercise Group run by Breathing Excluse Group – Intriby Breathe Easy Basildon, Steeple View Memorial Hall, 1-2.30pm, if you have COPD or recently finished pulmonary rehab, call Honorie 01288 574390.

 Social Afternoon of ballroom and Latin Dancing – Mill Hall, Rayleigh, 1.45-4.15pm, with Pat and Bob. 01702 544112.

 Health Walk – Canvey Sea Wall.
- Health Walk Canvey Sea Wall, 10.30am, meet Labworth car park
- Canvey Island, details 01702 318121.

 Alanon, International/Worldwide
 Support Group for families/friends of
 alcoholics and other addictions, 1 Sutton
 Road, All Saints Church, Southerhurch,
 Southerd 7, 200m (one depressional)
- Road, All Saints Church, Southendurg.

 Pulse Drum Club St David's Church Hall, Rayleigh Road, Eastwood, 3.45pm-4.45pm, £3 per session. 01702 540111.

 Over-50s session Megacentre Rayleigh, 7 Brook Road, Rayleigh. Badminton and short mat bowls, 2-4pm, £3 50 lior, effeshments and use of
- Badminton and short mat bowls, 2-4pm, 23.50 inc refreshments and use of equipment. 0.1268 773100.

 Activity sessions The Megacentre, 7 Brook Road, Rayleigh, for children with special needs, aged eight to 18, free entry, siblings welcome, details 0.1268 779100.

 Palace Writers Group 7.30pm, alternating venues with the Palace and Cliffs Pavilion, open mic events and public readings planned, details Emily 0.1702 390472.
- Roche Art Group St Teresa's Church Hall, located behind the church, 109 Ashingdon Road, Rochford, 7.30-9.30pm, visitors welcome, details Gill 01702 421737
- visitors welcome, details Gill 01702 421737.

 Advanced Computer Course Pitsea Day Centre Over-50s, Northlands Pavement, Pitsea, 9.30-11.30am. 01268 465432.

 Duplicate Bridge Highlands Methodist Church, Olive Avenue, Leigh, 7.30pm, details Hillary 01702 712501.

 Parent and Toddler Messy Play Group Buttercup Club, Leigh Community Centre, Elm Road, Leigh, 9.30am and 11am, 01702 712150.

■ Brentwood Buddies – social club for ages 40-60, The Essex Arms, Warley Hill, Brentwood, 8pm. Julie 07969071392, text or phone before turning up.

Thursday, March 26

- Counselling Service The Olive Tree Centre, 9am-9pm, call anytime and we will get back to you, 01702 524346, enquiries@olivetreecentre.org.uk.
- enquiries@olivetreecentre.org.uk.

 Thundersley Gardening Association —
 7.45pm, Swans Green Hall, Hart Road,
 Thundersley, please bring exhibits, £3.

 George Hurd Centre, Audley Way, Basildon,
 for the over-50s. Line dancing: 1-2pm,
 computers £3: 1-3.30pm, indoor bowls: 2.154.15pm, bridge 9.30am-12.30pm, ceramics,
 1.30-3pm. £2, 01268 465854.

 Health Walk Hockley Woods,
 10.45am, details 01702 318121.

 Jive classes Ambleside Social Club,
 Ambleside Drive, Southend, 8pm, £5 (first
 night free), all ages welcome, no need to
- night free), all ages welcome, no need to bring a partner 07771 831507.
- bring a partner. 07771 831507.

 Buddies Over-50 Singles Club Anchor Pub, Benfleet, 8.30pm, details Dee, 01268 565045.

 Westcliff National Spiritualist Church Hildaville Drive, Westcliff, 7.30pm.

 Pottery George Hurd Centre, Audley Way, Basildon, for the over-50s, 1.30-3.30pm. 01268 465854.

- Solution: 07200 403034.

 Coffee, cake and chat WI Hall,
 Bellingham Lane, Rayleigh, 2pm, details Di
 07952 148636 or Linda 07504 114762.

 Stalls in Outpatients Dept next to postbox, Southend Hospital, books, bric-
- postbox, Southend Hospital, books, brica-brac, hand knits etc, 8.30am-3.30pm, all proceeds to Key Hole Cancer Appeal.

 Tea Dance St James' Church Hall, Elmsleigh Drive, Leigh, ballroom, Latin and sequence, 2-4.15pm. 01702 216726.

 Ceramics The George Hurd Centre, Audley Way, Basildon, for the over-50s, 2-4pm, details 01268 465854.
- August Way, Busholin, and the over ost, 24 dpm, details 01268 465854.

 Short Mat Bowls Willows Park, James Homsby School, Leinster Road, Laindon, 7.30pm, first three weeks free, 01277 625027.

 Clairvoyance Shoebury Spiritual Centre, The Sandpiper Community Centre, Sandpiper Close, Shoebury, 8-10pm, free healing, admission 23. 01702 476087.

 Healing The Cedars, Castle Road, Rayleigh, fully trained healers by Essex Healers Association, 10-11.30am.

 Billiericay Baby Cafe Community Church, Queens Park, Billericay, for breastfeeding mums, 12.30pm.

 Learn to paint in watercolours in Hadleigh with tutor Trevor Shaw. Call 01702 558282.

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Massala / Bhuna Pilau Rice

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£3.95 Meal 10

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New winning formula at The Palm Tree

nered an enviable reputation for offering customers a fine dining experience since it opened two years ago.

The extensive a la carte menu has been impressing diners with its inviting mix of Mediterranean dishes, created using the freshest of authentic ingredients, cooked to order and served in welcoming, elegant surroundings.

Now its owner has adapted this winning for-mula by creating a new fixed-price menu, based around the current successful a la carte concept.

"Our customers love our menu and the dishes on it, and we will never jeopardise that," he said.

"We have earned a reputation for being the go-to restaurant for anyone wishing to enjoy a firstclass meal by way of celebrating a special occasion, and we don't want that to change.

"However, we now want to show would-be diners that we are equally suited to providing an affordable mid-week dining option that will not compromise on the quality and taste that have made us so popular with our customers, and will still contain our trademark dishes."

Two fixed-price menus are now available, one for lunch and one for dinner, and both will continue to feature favourite items and Palm Tree specialities, as well as some exciting new signa-

Dinner guests can enjoy either a three-course meal for just £15.95 or two-course meal for £12.95, available Monday to Friday and Sundays (£23.50 and £19.50 respectively on Saturday nights). Both include an extensive range of starters such as scallops au gratin and sardines in peri-peri sauce, as well as mains including fillet of sea bass and Mediterranean lamb meatballs.

In addition, a complimentary amuse bouche appetiser (a soupcon of homemade soup, served with bread) is included, and a good range of veg-etarian dishes and desserts, designed to tempt and tantalize, is offered. One-course options and daily specials are also available.



The lunchtime fixed priced menu, meanwhile, as well as featuring similar dishes to those on the dinner menu, provides outstanding value for money, with one-course priced as just £6.95, Monday to Saturday.

The traditional roast continues to be served on Sundays, either as part of the set menu or as a

The Palm Tree is also offering diners the opportunity to take their own wine along to the restaurant to enjoy with their meals on Monday evenings (wines only).

The restaurant owner's desire for a less formal, more laid-back approach to dining at The Palm Tree is also reflected in its newly refashioned

interior, evincing a more relaxed ambience while still retaining a warm and friendly feel, and its all day opening hours, from 11.30am until late.
"We really hope people like the changes we have made," added The Palm Tree's owner.

"In essence, all we have done is continue to offer the same grade A cuisine we always have, and as found in most exclusive restaurants, but at and as found in most excusive restaurants, but at only a fraction of the price and without the accompanying fuss and formality."

Sounds like another winning formula.

For further information about The Palm Tree,

at 80 Leigh Road, Leigh-on-Sea, or to make a booking, call 01702 719435 or visit www. thepalmtreerestaurant.co.uk.





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taste of Italy at II Palazzo

UTHENTIC Italian cuisine is now being served for all the family at a new establishment in Southend.

Il Palazzo opened its doors in Southchurch Road a few weeks ago, offering diners outstanding Italian cuisine at exceptional prices.

The new restaurant replaces The Lemon Tree, which had been treating customers to fine Mediterranean dining for many years, as its owner, Servet Kilic, wanted to offer something different.

Servet said: "While The Lemon Tree's fine dining was popular with those celebrating special occasions, I wanted to welcome everyone into my restaurant including families. We feel Il Palazzo's more relaxed atmosphere offers diners so much more, including fantastic new Italian

cuisine as well as outstanding value-for-money."
After spending £40,000 on a complete refurbishment, Servet has created a new restaurant which is slightly bigger than The Lemon Tree, and is also complete with rustic decorations and a new bar.

The changes also include a much more relaxed atmosphere, much to the delight of diners who have already been flocking to see the changes.

The new restaurant, which has its own specialist Italian chefs, is open all day, making it ideal

for everyone, from those looking for a bite during the day, to those wanting to linger over a traditional Italian meal during the evening.

It also welcomes families with children as well

as those wanting to celebrate a wide range of special occasions, from birthdays and engagements, to anniversaries and weddings.

Its menu offers a vast range of cuisine to try, from classic Italian dishes to those with a different twist, including cold and hot starters, pizza, pastas and risotto, as well as fish, chicken and

There are also a selection of delicious desserts, and a range of chef specials which change each week, as well as number of set menus offering outstanding value-for-money.



Its special Lunch Menu offers Italian paninos with chips for £4.95 or you can choose any pizza or pasta dish for £5.95, and coffee and cakes at £3.95 are available six days a week from 10.30am up until 4pm, while on Sundays you can

enjoy a roast dinner with all the trimmings for just £6.95 for your main meal.

For further information or to make a reservation call the restaurant on 01702 467793 or visit www.ilpalazzo.co.uk.

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www.palacetheatresouthend.co.uk (*A £1.50 per ticket booking fee will be added to all tran Fee-Free for Groups)

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Evolution of Magic Tickets: £20.00*





Tuesday 24th March at 8.00pm **Dylan Moran**

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Wednesday 25th March at 8.00pm **Richard Herring Lord of the Dance**

Settee



Thursday 26th March at 7.30pm

The Simon & **Garfunkel Story** Tickets: £18.50* £17.50* £15.50*

Concessions: £1.00 off Friday 27th March

at 8.00pm Elkie Brooks

Tickets: £24.50* £20.00*



The Amazing **Bubble Man** Tickets: £13.50* U14s £11.00* Family (2 Adults 2 Children) £44.00*

Saturday 4th April at 8.00pm The Return of The

Grumpy Old Women 🧃

Tickets: £23.50*



Thursday 9th & Friday 10th April The Pirates of Treasure Island
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Drivetime

Griffin greats hit the road to Geneva

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By Stewart Smith

IN 1815 Napoleon returned from exile in Elba and begun a 100-day march with his army heading to Paris to overthrow Louis XVIII.

The first part of his journey is now named the Route Napoleon and runs from the shores of the Mediterranean to Grenoble in the southern Alps. The French dictator and his army took six days to complete the tortuous, winding mountain trail.

I managed it in less than half a day thanks

I managed it in less than half a day thanks to being behind the wheel of some of Vauxhall's finest new motors and a selection of classics from the company's historic collection.

The starting point was Casino Square in Monaco where the stunning line-up of Vauxhalls past and present attracted the attention of locals and tourists.

My first motor for the drive was a 1982 Mk2 Cavalier 2.0 which cost £7,941 when new and despite its age it handled well on some of the twisty roads to our first stop in Entrevaux 53 miles away.

Next for the 55-mile drive to Digne-les-Bains was a new Mokka Limited Edition 1.6 CDTi. It was the first time in this small SUV crossover which is fitted with the latest 1598cc Whisper Diesel engine, and I can see why it got its name.

As well as having plenty of power it is refined and it's hard to tell it's an oil-burner.



Now for something completely different for the 60-mile leg to Col Bayard – a 1969 Viva GT. I'm old enough to remember driving cars in the 60s, and my experience in the GT brought it all back.

No power steering, just four forward gears, slim steering wheel and skinny 13-inch tyres.

It's not best equipped for mountain roads, especially when we got lost and ended up on a narrow track with a 500ft drop into a valley below before we eventually returned to the Route Napoleon.

But it was fun, if a bit nerve-racking.

At the time the Viva GT was classed as a performance car, but its top speed was just 100mph and it took 10.7 seconds to hit 60mph and gulped fuel.

You could expect just 21 to 26 mpg. For the next 54 miles from Col Bayard to Grenoble we were back in comparative comfort in a 1994 Mk3 Cavalier which, after the Viva GT experience, seemed like the lap of luxury with comfortable heated seats, a powerful 168bhp 2.5 6-cylinder engine and a respectable 0-60mph time of just 10.5 seconds.

Built from 1988 to 1995 the Mk3 we drove cost £18,350 new and I can see why it was a popular choice as a reps' car offering space and a comfortable ride, although fuel economy in those days was low with the Cavalier achieving just 22 to 25 mpg.

After an overnight stop in Grenoble we headed for Geneva to attend the

International Motor Show and the first leg to Annecy 74 miles away was completed – in torrential rain – in one of Vauxhall's latest offerings in the Adam range, the Grand Slam 1.4T.

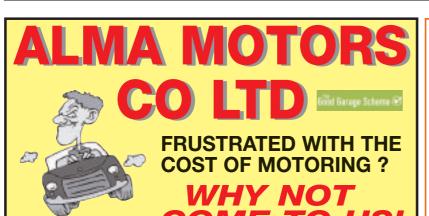
It was my first experience in this gutsy little motor powered by a 150bhp petrol unit which gives its a very respectable 0-60mph time of 8.5 seconds and on to 130.

I was glad we were in a modern Vauxhall, considering the conditions, the Adam proved to be an agile performer on demanding roads and it offers exciting driving with a high-performance chassis, plus it is attractive inside and out with nice touches such as 18in alloys, small roof spoiler, VXR styling pack and a coloured roof.

The last 40-mile lap from Annecy to Lake Geneva was completed in Vauxhall's insignia Sport Tourer Tech Line 2.0 CDTi which also has the new Whisper Diesel engine.

It's a great motorway cruiser, especially in the weather we encountered, with a good list of standard safety and comfort features and it's no slouch having a top speed of 137mph and sprint time of 9.4 seconds to 60mph.

It was the fifth time Vauxhall had organised the Griffin Greats event and after covering 336 miles on some of the most testing roads in Europe it was time for the Geneva show where Vauxhall chairman Tim Tozer arranged a pre-show viewing of the all-new Viva. How things have moved on.



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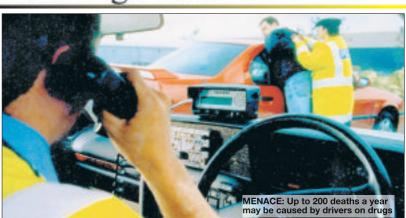
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Motoring News



Heat is on for drug-drivers

WITH the focus on the law having been for some years on drink-driving, you would be forgiven for thinking that drivers on drugs

have had it easy. But not any more.

The misguided who think that they can get behind the wheel after smoking cannabis or a snort of cocaine are now very much in the

A new law against drug-driving makes it a criminal offence to drive with drugs in your body in England and Wales, removing the need to prove impairment and making it

much easier to prosecute drug drivers.

The new law has specified zero-tolerance limits for a range of illegal drugs, and will be enforced with the aid of roadside screening devices. Those found guilty will face a maximum six-month jail sentence, £5,000 fine, and automatic 12-month driving ban.

The extent of the UK's drug-driving problem was revealed by road safety charity Brake in a survey which found that the

equivalent of one million drivers (3 per cent) admitted to having driven on drugs in the

Oné in nine (11 per cent) said they thought they had been a passenger with a driver on drugs. It is estimated that drug-driving may account for as many as 200 deaths a year

As well as tackling drivers on illegal drugs, the law clarifies the position for drivers using prescribed medication.

It states that taking medication in accordance with the advice of a healthcare pro-fessional will not incur the risk of arrest.

But there are some over-the-counter medications that can make you unsafe on the road, so it is always wise to read the label, or check with their doctor or pharmacist if you are unsure, and never to drive if your driving may be impaired.
As of this month it is an offence to drive

with drugs in your body in England and Wales, regardless of whether impairment is

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38yrs, married but seeks no gent for mutually rewarding times. strings fun with discreet man, any Tel No: 0906 500 3766 Box No: age. I'm tall, slim and dominant. 405571 ₿

Aca. Tel No: 0905 002 1937 Box RARE that's me. 48, honest,

ATTRACTIVE young looking blonde, attractive, size 16-18, widow, 65, likes most things, seeks true, romantic gent for seeks nice gent 60-70 for friendship, maybe more. Tel No: 0906 0906 500 3766 Box No: 403325

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DAVE 41, white, tall, dark hair, slim, seeks female, 40-50 for BEV very attractive female who HONEST sincere caring lady, 40's, NEW friend wanted for single, Hones I sincere caring lady, 40%, New Triend warried in single, loves cosy night in, travel, cooking looking for over 40yrs N/S decent, straight lady, 48 with possible caring warm hearted man who can put the spark back into entire with the spark back int pubs, nights out, maybe more. Tel No: 0906 500 3766 Box No: 406243

looking Indian male, 5ft 7ins, medium build, 5a, quiet, seeks lady, any nationality for relationship. Tel No: 0906 500 3766 Box No: 406241

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VANESSA attractive, glamorous

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friendship, maybe more. Tel No: Detack lady, SI of links, curry size! ¹⁴, 500 3766 Box No: 406267 ² 90906 500 3766 Box No: 406267 ² 90906 500 3766 Box No: 406267 ² 90906 500 3766 Box No: white male, 35-55 for white guerous, white male, 35-55 for line dilning and travel. Tel No: 30 for dating and friendship. Tel No: 90 got soon 3766 Box No: No: No: 90906 500 3766 Box No: No: 17 IT. Tel No: 9096 500 3766 Box No: 406197 ² 90906 500 3766 Box No: 406267 ² 90906 500 3766

PRETTY woman, 58, slim, likes ATTRACTIVE white male 39, rock music, gigs, meals out, seeks good build, seeks black slim kind, gentle, N/S, tactile white female 25-40 of LTR. Tel No. 0906 kind, gentle, N/S, tactile white male, 5ft 8ins plus, 53-65 for LTR. 500 3766 Box No: 405133 GENUINE male, seeks genuine

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Soyrs for ROSHAN 56yrs female seeking No: 40906

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GOSHAN 56yrs female seeking your jar half full. Tel No: 9006 500 3766 Box No: 405857 Box No: timewasters. Tel No: 0906 500 RICHARD, 36yrs, recently wid-owed with young daughter seeks

owed with young daughter, seeks SHORT fat ugly bloke, SE motherly lady for committed relationship. Text Only 4590838 No: 0906 500 3766 Box No: ATTRACTIVE slim lady early 60's, N/S, GSOH, likes music, walks, cinema, looking to meet nice gent

ATTRACTIVE slim lady early 60's, motherly lady for committed relationship. Text Only 4590838

No: 0906 No: 0

cinema, looking to meet nice gent SHY quiet 49yr old African/English 1 or LTR and friendship. Tel No: male, seeking companion, black is anybody out there? Open 10906 500 3766 Box No: British, 40-52 for good times and romance. Tel No: 0906 500 3766 51, seeks close encounters with Box No: 406297 JAMES, hard working single dad, tale 30's seeks single mum for family days out. Text Only 4550196 €

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LINDA mature female bored of being single, blonde, attractive, green eyes, looking for good times with fun outgoing male with a spring in his step. Tel No. 0906 500 6358 Box No: 409253

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NNERS 1 MUCH FOR West Ham United Arsenal 3 West Ham United 0 Brian Jeeves reporting from the Emirates Stadium

NJURY

WEST Ham United's dismal run of

form continued as goals from Olivier Giroud, Aaron Ramsey and Mathieu Flamini earned Arsenal a comprehensive victory on Saturday.

Arsene Wenger's Gunners once again look a sure-fire bet for a Champions League berth, and went into the game off the back of seven straight Premier League victories at the Emirates.

West Ham on the other hand, have slipped out of form, and contention, after a wretched run which has seen them without a win in six. Although an encouraging display last time out against leaders Chelsea at Upton Park. suggested that a change in fortune might not be too far over the horizon.

Nevertheless, the visitors hadn't beaten Arsenal in 14 attempts, losing the last nine, and if West Ham's task wasn't difficult enough, it was made all the more harder with the loss of Winston Reid (hamstring), James Tomkins (dislocated shoulder) and Enner Valencia, who suffered a "deep laceration to his toe" after treading on a broken teacup at home.

The Hammers also had to do without Carl Jenkinson, who was unavailable due to the terms of his loan agreement between the two clubs.

Arsenal started the brighter and created the best of the opening opportunities. Mesut Özil picked out Theo Walcott with a delicious reverse pass, but Hammers reliable defender James Collins saved the day with a brilliant last-ditch tackle.

Soon after, Hammers goalkeeper Adrian was forced into a flying save to deny Alexis Sanchez following a flowing Gunners raid down the right.

But the Hammers almost grabbed an unlikely lead when David Ospina did well to claw out Kevin Nolan's vicious drive.

But it was Arsenal who continued to show greater initiative. Adrian

finger-tipped over a looping effort from Ramsey, and then parried away from Walcott after the England man had wriggled clear.

Adrian continued to thwart the home side, this time producing a reflex save to keep out a fizzing attempt from the electric Sanchez. Hammers responded, Laurent Koscielny blocked from Diafra Sakho after Alex Song had crafted the opening.

Just before the interval Arsenal passed up another glorious opportuni-ty. Walcott was unable to direct into a gapping goal after Özil's low drive had been pushed out by Adrian.

But the Hammers couldn't hold on. A crisp series of passes led to Olivier Giroud finding room to the right and the Frenchman dispatched a thundering strike beyond Adrian.

After the break, West Ham were first Ospina to threaten. bravely blocked from Sakho, while Mark Noble's follow-up was wayward, then Jarvis fired disappoint-ingly over after Stewart Downing's flag-kick had only been half cleared.

Referee Chris Foy was forced off injured and Anthony replaced the stricken official. Taylor

Arsenal should have made the game safe when Ramsey pulled an effort wide of the target after Özil and substitute Danny Welbeck had teed him up, while the over-worked Adrian did well to stop the former Manchester United man, saving with his feet at the near post.

But Arsenal were not to be denied. Ramsey combined well with Giroud, before sending a sweet strike beyond Adrian to double the Gunners'

advantage.
And before the crowd had time to draw breath it was three.

Flamini had been on the field a matter of seconds, arriving on queue at the far post to sweep Cazorla's low centre past the helpless West Ham keeper, putting the contest beyond reasonable doubt.

Kouyate fired a late chance over for the Hammers, but they were now showing all the signs of a team longing for the final whistle.

In the closing minutes the brilliant Adrian produced another top-draw save, this time denying Welbeck.

The keeper's fantastic display was made all the more remarkable when it was revealed he had dislocated his

finger in the pre-match warm-up and had played through the pain barrier.

Hammers assistant Neil McDonald faced the media, saying; "The game plan was to stifle Arsenal as much as we could, but we didn't really pass the ball as well as we could to try and move up the pitch.'

Upbeat Arsenal boss Wenger said: "I think overall it's a good perfor-

"In the second half we looked a bit short of energy for a while. We had to be patient, organised and steady." West Ham now look to arrest their

slump when Sunderland visit Upton Park on Saturday, kick-off 5.30pm.

Arsenal: David Ospina, Per Mertesacker, Laurent Koscielny, Mesut Özil (Mathieu Flamini), Olivier Giroud, Theo Walcott (Santi Cazorla), Aaron Ramsey, Alexis Sanchez (Danny Welbeck), Nacho Monreal, Calum Chambers, Francis Coquelin. Subs: Wojciech Szczesny, Kieran Gibbs, Chuba Akpom, Hector Bellerin. West Ham United: Adrian, Aaron Cresswell, Kevin Nolan, Matthew Jarvis (Morgan Amalfitano), Cheikhou Kouyate, Stewart Downing, Diafra Sakho, Mark Noble (Nene), Joey O'Brien, James Collins, Alex Song, Subs: Guy Demel, Jussi Jaaskelainen, Diego Poyet, Josh Cullen, Emmanuel Onariase.

Referee: Chris Foy Assistants: A Garratt and D Bryan Fourth Official: A Taylor Attendance: 60,002 slump when Sunderland visit Upton

ties before Saxon Sonny Gay dived

Then the O's were reduced to 14

Southend had seven minutes to

score two more tries, conversions

and penalties were of no use. Brad

Burr, who was moved to inside cen-

tre scored the first after a clever lit-

Southend's determination paid off

when veteran prop Mike Guess

broke through three tackles to touch

men again as prop Porter got 10 minutes' rest. But another penalty

over for their second try, 43-16.

kick took them on to 46-16.

Non-league round-up

Clarets seal away points

by Brian Jeeves

A TENTH minute goal from Mason Spence earned Chelmsford City maximum Vanarama Conference South points from a tricky trip to high-flying Gosport Borough.

City had won just once on their travels in 2015 and the result leaves the Clarets in 10th place, a point and two places below local rivals Concord Rangers

And it was a decent day on the road for the Canvey-based Beach Boys.

Phil Walsh fired Bath City into a first half lead at Twerton Park, before former West Ham United front man Tony Stokes rescued a point for Concord with a lastminute leveller.

In the Premier Division Braintree Town completed a good day on the road for the

region's Conference clubs. Charlie Clough gave promotion-chasing Forest Green Rovers the lead, but a Mitch Brundle strike earned the Iron a notable share of the spoils.

In the Ryman Premier Division George Purcell's second half penalty was enough to see AFC Hornchurch home against Dulwich Hamlet, and there was a 2-1 success for Grays Athletic at Bognor Regis Town. Max Cornhill scored the only goal as East Thurrock United edged out Hampton & Richmond Borough, while Billericay Town clinched the points by the same scoreline at Wingate & Finchley.

There was an entertaining encounter at

the Prospects Stadium. Dave Collins and Jay Curran found the net for Canvey Island, but strikes from Jamie Taylor and former Colchester United man Fredrick Ladapo earned visitors Margate a point.

In Division One North there was an incredible encounter at Mill Field where Aveley and Romford played out a 4-4 draw. Spencer Harrison (2), Jack Stevenson and Petrit Elbi found the net for the home side, Nick Reynolds, Loui Hazle-wood, Jack Barry and a James Marrable own goal replying for Romford.

Joe Gent scored both goals for Redbridge against Tilbury, Jake Pooley grabbed a consolation for the Dockers, and late goals from Tom Ranger and Joshua Akpaka earned Great Wakering Rovers a vital victory over Barkingside at Burroughs Park.

Brentwood Town and Cheshunt drew a blank at the Brentwood Centre Arena.

Bottom of the table Burnham Ramblers edged ever closer to the drop after a 1-0 defeat at Heybridge Swifts, and it was the same outcome for Maldon & Tiptree, who went down at Chatham Town.

It was a bad day at the office for Thurrock, who crashed 2-0 to AFC Sudbury at Ship Lane.

In the Essex Senior League there was a seven-goal thriller at the Old Spotted Dog as Clapton piped Basildon United by four goals to three in front of an impressive attendance of 331. Leaders Barking won 3-0 at Enfield 1893, and there was a 3-1 success for Bowers & Pitsea over Waltham Forest. Ilford saw off London Bari 1-0 at Cricklefield and the derby between Hullbridge Sports and Southend Manor ended goalless.

Selected action from the ProKit UK Essex Olympian League saw White Ensign the big winners of the day, sinking Galleywood 5-1 in Senior Division One.

out of heavy something defeat Saxons pull

Rugby

Old Elthamians 51 Southend Saxons 28

THE Saxons went to Old Elthamians with high hopes but were pleased to come home with one point in the end of this National 2 South game.

The pitch was dry and fast, not particularly favourable to Southend who had centre Chris Vaughan and wing Mark Billings unavailable.

The O's came out of the blocks like an express train scoring two well executed tries in the first 10 minutes. One of the league's top scoring kickers Tom White converted them both.

Southend were at odds and ends with even their much regarded pack

experiencing a torrid afternoon.

Despite being on the back foot

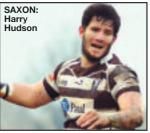
Southend forced a penalty that Tom Ashton converted to make it 14-3.

Six minutes later things could have got a lot better for the Saxons as they stormed forward hunting their first try. With no cover O's Jon Webber deliberately knocked on to thwart a clear run to the line, he was shown a yellow card but Southend were only awarded a penalty which Ashton converted and it was 14-6.

Playing with 14 men Old Elthamians continued to have the upper hand. Their dominance was rewarded with two more unconverted tries taking the score to 24-6 at the break.

An early penalty extended their lead further to 27-6 and a further try, conversion and yet another penalty took them out of sight at 37-6 with 24 minutes to go.

Southend rang some changes and



stirred. The only way they were going to get anything from the game was a four-try bonus point.

It took 10 minutes before O's suc-cumbed to these unexpected forays from Southend.

Daniel Legge finishing off a strong forward move, 37-11.

O's White kicked two more penal-

tle kick over the top, He ran on, caught it and charged 40metres, evading tackles before going over.

> down in the last move of the game. Ashton converted and the Saxons boarded the bus with a strange sense of satisfaction despite suffering one of their worst defeats of the season

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Week ending Friday, March 20, 2015

Sciatica? Is that what's causing your pain in the butt?



Jon Handley-Collins, **Doctor of Chiropractic**

Sciatica "Si-at-ika" is a group of symptoms involving pain in the buttock and back of the leg, only usually on one side of the body. In addition to pain there may be any combination of pins & needles, numbness, tingling and muscle weakness in the affected leg or foot.

The true meaning of Sciatica is often misunderstood. The term is merely a group of symptoms and not a diagnosis. This means that if you have been told you have Sciatica, you still have not been given a diagnosis, as the diagnosis is being told what is causing

your Sciatica symptoms. Having a correct diagnosis is important because the treatment options for the different causes are very different.

The main causes of Sciatica are:

Spinal disc herniation: Some people call this a "slipped disc" but what actually happens is the fluid like contents of your spinal disc causes the outer lavers of the disc to bulge out. If this bulge is on to a spinal nerve in your lower back, it can cause Sciatica.

Spinal Stenosis: his is where the hole for your spinal nerve to exit from the spinal canal closes up and puts

pressure on the affected nerve, causing Sciatica.

Piriformis Syndrome: The piriformis is a muscle in your buttock. The Sciatic nerve passes very closely to this muscle and in rare cases passes through the muscle. When this muscle gets tight it can irritate the Sciatic nerve, which can cause Sciatica.

To find out whether Chiropractic can help, a Chiropractor will first conduct a case history and physical exam to narrow a patient's symptoms down to find out what's causing them. This includes neurological, orthopaedic and Chiropractic examinations. If deemed

necessary, an X-Ray of the affected area will also be taken.

Then there is a return visit to explain our findings, to tell you what has been found and what needs to be done to sort it out.

At the Optimum Spine Centre, (based at 1212 London Road, Leigh on Sea) we are conducting these initial consultations, including X-Rays (if required) and report of findings for just £15 (usually £90).

Give the Centre a call today on 01702 710084.

Because we understand your spine

Chiropractic can help!

We are often asked, "What is the best way of finding out whether Chiropractic can help with my problem?" The answer is with a complete consultation and physical examination.

If you are not 100% satisfied with your initial consultation, you will receive a full refund for your visit



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- ✓ Low back pain
- ✓ Joint pain
- ✓ Neck pain

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- ✓ Migraines
- ✔ Headaches
- ✓ Shoulder problems

SPORTS MASSAGE

- ✓ Trapped nerves
- ✓ Sciatica
- ✓ Leg Pain

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(X-RAY INCLUDED IF REQUIRED)

- · A full case history with your Chiropractor
- · A complete physical examination comprising of NEUROLOGICAL EXAMINATION ORTHOPAEDIC EXAMINATION CHIROPRACTIC EXAMINATION DIGITAL X-RAY (if required)
- · A report of findings session, explaining to you in detail exactly what has been found and what needs to be done to address it.

If you are wondering whether your symptoms can be helped by Chiropractic, give the centre a call TODAY for an appointment:

www.otimumspinecentre.co.uk info@optimumspinecente.co.uk

THE **OPTIMUMSPINE**

CHIROPRACTORS

Optimum Spine Centre, 1212 London Road, Leigh on Sea SS9 2UA

Registered Chiropractors with the General Chiropractic Council

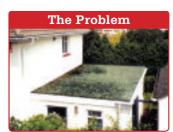
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Mineral felt is prone to a slow breakdown, often allowing water ingress to cause unnecessary problems before being visibly detected within the home. Mineral felt has tendency to blister throughout summer months and eventually becomes brittle and cracks during colder periods. Cracking will also appear around the exposed edges and other points of detail, e.g. around pipes, skylights, brickwork flashings into or under tiles, etc. These areas are where workmanship is most crucial. Felt also attracts moss and algae, further degrading the roof surface.

It is important every homeowner carefully checks their insurance policy. In our experience, a flat roof over ten years and leaking may not be covered by the homeowner's insurance policy. When making a claim,



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